

## HEALTH NOTES

### Patent Medicines.

There is an alarming tendency among our American people everywhere to accept in good faith the claims of the vendors of patent medicines of all kinds. With every slight feeling of lassitude or sickness comes a rush to the drug store or medicine chest for a bottle of some nostrum that is "guaranteed" to cure all the ills of the flesh to which man is heir. In nine out of every ten of such cases all the person who is indisposed really needs is to fast for a meal or two and allow the sewers of the body to carry off the waste with which it is clogged, to keep the body clean and well clothed, and on recovery to keep regular hours for meals and sleep, when there will be no tendency toward sickness. Let it once be thoroughly fixed and into people that all sickness of any kind is an unnatural condition and always the penalty for violation of natural law, which violation may usually be avoided by intelligent forethought, and there will be much less use for doctors and nostrums. We do not mean to say that both doctors and medicines do not have their place in the world. The skill and science that has come into the practice of medicine in recent years has materially added to the length of life and the well-being of the present generation. There is no profession which merits greater respect and whose place in the world is larger than that of medicine. Marvelous indeed are the achievements of modern surgery. But not less marvelous is the persistency with which people pay out hard-earned money for drugs whose composition and medicinal properties they do not understand and then swallow these same compounds in stereotyped doses for disorders they do not understand. With all the skill and scientific knowledge of the modern physician he is sometimes baffled in his attempts to relieve sickness, and when the layman undertakes to dose himself with nauseous compounds he is very apt to either make a bad matter worse or at least secure no positive results. Let it be remembered that over eighty per cent of all disorders are self curative; that is, that under proper sanitary conditions and proper trouble will disappear. No more striking and forcible statement of the importance of the study of our own personal individual needs in the way of food and the care of our bodies could be made than this, that we might avoid over eighty per cent of the misery and expense caused by sickness by exercising the proper discretion.

There are, it is true, a few patent medicines that are prepared for a special use and whose value as medicines can not be questioned, but they are not heralded as "cure alls" and as specifics for every disease. These preparations are standard and are the only ones admitted to the advertising columns of Wallace's Farmer. Then there are a few simple home

remedies that should be found in every medicine chest and which the mother can administer just as well as the physician, but is it necessary that she understand the properties of these simple remedies and for what they are to be used before intelligent aid can be secured from them. Whenever real sickness comes, then no time should be lost in procuring the services of a thoroughly reliable and intelligent physician. Follow his advice carefully and pay him his fee cheerfully. Then study to avoid all indiscretions in work or play, and by a systematic practice of the rules of hygiene, or the science of the preservation of health through the care of the body, be fitted to get out of this life all the pleasure and happiness which it was intended mankind should enjoy.—Wallace's Farmer.

### Contamination of Wells.

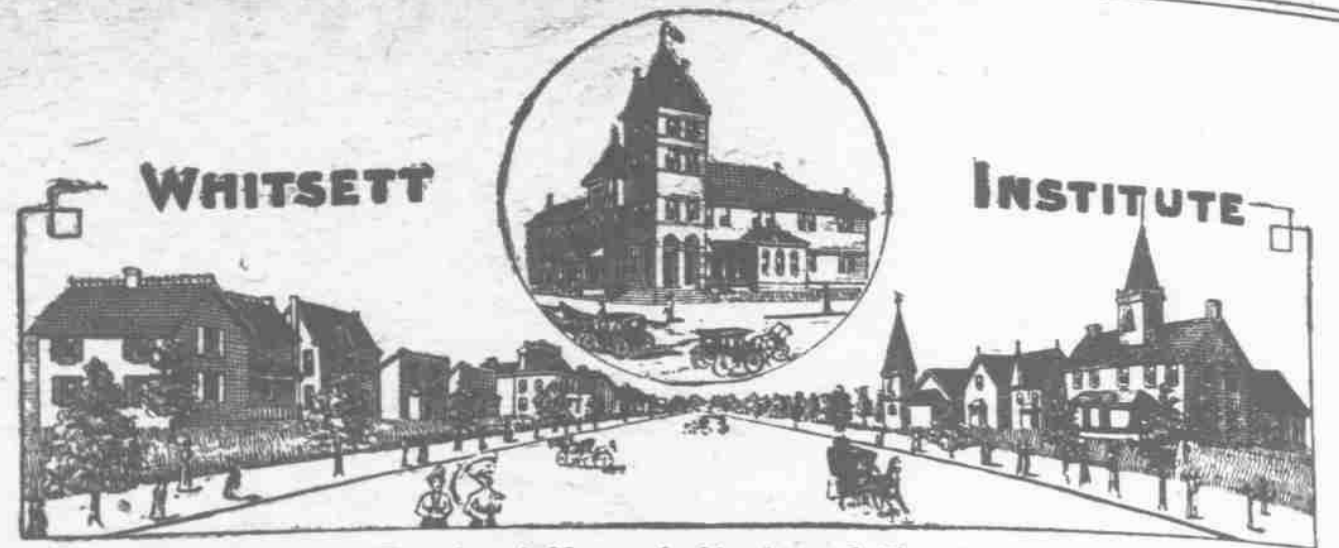
Water seeks the lowest place. Did you ever think that your well is the lowest place about your house? Did you ever notice that an under-drain, only two feet deep, will draw water from either side for a couple of rods? How far would it draw if twenty feet deep, after it got the water course established? Did you ever think that your well was the outlet for all the filthy water within a radius of a hundred feet or more? It is, and perhaps for a much greater distance. How do we know but our well is the direct outlet to a close-by privy vault? There may be a stratum of sand that leads direct to the vein of water that supplies our well, from such a vault, stable or cess-pool.

But some say: Our well is deep and it goes through a deep stratum of blue clay that is impervious to water, so there can be no danger. It makes no difference how deep your well is, there is always a certain portion of it shallow near the top and before you get to the blue clay, that will furnish all the surface drainage necessary to make the water unfit for use.

Where do you throw the slops and other necessary wastes that comes from the house? Why, nine out of ten throw them into the back yard, often within a few feet of the well. But you say the ground will filter and make it pure by the time it gets to the well. It may for awhile, but later the ground will become full, and the filth will be forced to go down deeper and widen out, till, in time, a passageway for this filth will be made into the well, and then all that is thrown on the ground will hurry off to that place.—Grit.

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